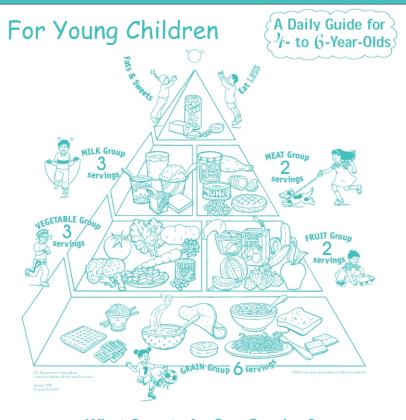
FOOD GUIDE PYRAMID



What Counts As One Serving?

Grains

1 slice bread or tortilla

½ cup rice or pasta

½ cup cooked cereal

1/3 3/4 cup dry cereal

3 to 4 crackers

Vegetables

1/2 cup raw vegetables

½ cup cooked vegetables

Fruits

3/4 cup fruit juice

1 small fruit or ½ cup

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Milk

1 cup milk or yogurt

1 1/2 oz. cheese

1 ½ cup ice cream

1 cup frozen yogurt

Meat

2 oz. meat, poultry, or fish

2 eggs

1 cup cooked beans or peas

4 Tbsp. peanut butter

Your child may need more servings than the general recommendations. Ask your nutritionist what number of servings is right for your child.

